

Weekly Menu, Recipes, and Grocery List

1. [Cornbread Pizza](#), salad
2. [Refried Bean Quesadillas](#), chips and salsa, baby carrots
3. [Broccoli, Tomato and Tortellini Salad](#), garlic bread
4. [Sweet and Sour Chicken Kabobs](#), rice
5. [Italian Chicken and Rice Casserole](#), steamed veggie, salad
6. [Garden Frittata](#), fresh fruit, [Cheddar Muffins](#)
7. [Twinkie Tiramisu](#)

Produce

Onions
Broccoli
3 tomatoes or grape/cherry
Garlic
Green peppers – 2
Red bell peppers – 2
Parsley
{salad fixings – 3 meals}
{baby carrots}
{fresh fruit}

Canned/Dry

Pineapple chunks – 20 oz can
Cornmeal
Olive oil
White rice
Chicken broth – 2 cans
Cream of chicken soup
Refried beans
Pizza sauce
Salsa
{Tortilla chips}
Chocolate fudge instant pudding mix – 2 4-serving boxes
Twinkies

Frozen

Cheese tortellini – 2 bags
Frozen whipped topping – 8 oz
{Favorite veggie, or buy fresh}

Meat

Sausage or Italian sausage 1 lb.
Boneless chicken breasts – 2 bags

Bread

French or garlic bread

Dairy

Eggs
Flour tortillas
Mozzarella – 2 cups shredded
Monterey Jack – 8 oz
Italian blend cheese – 1 bag
Cheddar – 1 bag, shredded
Milk

Items to Have in the Pantry/Fridge

Flour
Baking powder
Vinegar
Red wine vinegar
Cooking spray
Brown sugar
Sugar
Coffee
Cornstarch
Butter
Oregano
Basil



Cornbread Pizza

- 1 1/2 cups cornmeal
- 3/4 cup flour
- heaping tablespoon baking powder
- 1/2 tsp. salt
- 1 egg
- 3/4 cup milk
- 1 lb. sausage
- 1/2 onion, diced
- 1 jar pizza sauce
- 2 cups shredded mozzarella cheese

Brown the sausage and onion together in a skillet. Drain and rinse under hot water to remove the extra grease.

Mix the dry ingredients together for the cornbread. Stir in the egg and milk. Spray a 9×13 casserole dish with cooking spray. Spread the cornbread batter in the dish.

Bake at 375 degrees for 5 minutes. Pull it out of the oven and spread with the sauce, sausage and cheese. Bake another 15-20 minutes or until the crust is done.

Serving Suggestion: salad



Refried Bean Quesadillas

- flour tortillas
- refried beans
- salsa, any kind or style
- shredded cheddar or jack cheese
- cooking spray

Spray the griddle or skillet with cooking spray. Spread a tortilla with refried beans. Slop on the salsa. Sprinkle with cheese. Top with another tortilla.

Fry on the griddle or skillet till browned, then flip and brown the other side. Cut into triangles and serve with more salsa and maybe sour cream. Munch tortilla chips and carrot sticks and call it lunch. Or dinner.

Vary the ingredients for whatever you have in your pantry. Dinner doesn't have to be fancy. Some nights you just need to get everyone fed.

Serving Suggestion: chips and salsa, baby carrots



Broccoli, Tomato Tortellini Salad

- 2 bags frozen cheese tortellini
- large bunch fresh broccoli, cut into florets
- about 3 medium tomatoes or the equivalent in cherry or grape tomatoes
- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 1 clove garlic, crushed
- Kosher salt and fresh ground pepper
- handful of fresh basil, chopped

Boil a big pan of water. Add the broccoli to the pot of boiling water. A minute or two later add the tortellini. The pasta only takes a couple of minutes to cook, so you can do the broccoli at the same time. Once the tortellini is done, drain the water and rinse the pasta and broccoli in cold water to stop the cooking process. Drain and place into a large bowl, along with the tomatoes.

To make the dressing, combine the rest of the ingredients in a container with a tight fitting lid. Shake it all up till it's well combined. Pour over the salad and toss to coat.

You can serve this right away or refrigerate it for several hours or even the next day.

Serving Suggestion: garlic bread



Sweet and Sour Chicken Kabobs

- 1 1/2 – 3 lbs boneless chicken breasts, cut in bite-sized pieces (see note below)
- 2 Tbs. sugar
- 3 Tbs. soy sauce
- 1 clove garlic, crushed or minced
- 1 green pepper, cut into chunks
- 1 onion, cut into chunks
- 1 can pineapple chunks, drained and juice reserved
- For the dipping sauce:
 - juice from the can of pineapple
 - 3 Tbs. vinegar
 - 3 Tbs. brown sugar
 - 2 Tbs. soy sauce
 - 1 Tbs. cornstarch

*I used 2 packs of chicken like you see in the photo. It was nearly 3 lbs. of chicken. That made enough for my family of 6 plus leftovers for 3 or 4 people the next day. I made some skewers with chicken only. If you make less chicken, you can still use the same amount of dipping sauce. More sauce is always good.

Place the bite-sized chicken pieces in a bowl. Mix the sugar, soy sauce and garlic together and pour over the chicken, stirring to coat. Refrigerate for 30 minutes to several hours.

Thread the meat, veggies and pineapple onto the skewers. Grill over medium heat, turning frequently. Cook until the chicken is done. It shouldn't take more than 15 minutes.

While the kabobs are grilling, mix the ingredients for the dipping sauce in a small saucepan. Bring it to a boil to thicken a bit. Serve with the kabobs and steamed rice.



Italian Chicken and Rice Casserole

- 2-3 cups cooked, chopped chicken
- 1 cup rice, uncooked
- 1 red bell pepper, chopped
- handful of chopped fresh parsley
- 1 cup Italian blend shredded cheese
- 2 cans chicken broth
- 1 can cream of chicken soup
- 1/2-1 tsp. oregano
- 1/2-1 tsp. basil
- 1 garlic clove, minced or crushed
- black pepper to taste

Put the chicken in the bottom of a 9×13 casserole dish. Sprinkle the rice, red pepper and parsley over the top. Spread the cheese evenly over the top.

In a small bowl, combine the broth, chicken soup, oregano, basil, garlic and pepper. Pour evenly over the top of the other ingredients. Bake at 350 degrees for 1 hour – 1 hour and 15 minutes. Let it stand for a few minutes before serving.

Serving Suggestion: steamed veggie, tossed salad



Garden Frittata

- 3 Tbs. butter
- 1/2 onion, chopped
- 2 bell peppers, chopped
- 6 eggs
- 1/4 cup milk
- a palm full of fresh herbs, chopped – I used basil, rosemary and parsley
- salt and pepper to taste
- 1 cup shredded Monterey Jack cheese

Melt the butter in an oven-proof skillet. Sauté the onions and peppers until tender crisp. Whisk the eggs, milk, herbs and salt and pepper together. Pour over the veggies in the skillet. Let cook over medium heat, without stirring until the middle is set, about 7-9 minutes.

Place in the oven, under the broiler until browned.

Serving Suggestion: fresh fruit, cheddar muffins



Cheddar Muffins

- 1 1/2 cups flour
- 1/2 cup cornmeal
- 1 Tbs. baking powder
- 1/2 tsp salt
- pinch of ground red pepper
- 1/4 cup (1/2 stick) butter
- 1 cup milk
- 1 large egg
- 1 1/4 cup shredded cheddar cheese

Heat the oven to 425 degrees. Grease 12 muffin cups. In a large bowl, with a fork, combine the dry ingredients.

Melt the butter and cool it slightly. Stir in the milk, then beat in the egg. Stir the liquid into the dry ingredients just until moistened. Stir in 1 cup of cheese. Divide the batter into the muffin pans. Bake for 15-20 min.



Twinkie Tiramisu

- 1/3 cup boiling water
- 1/2 cup sugar
- 2/3 cup strong brewed coffee
- 2 boxes (3.4 oz) chocolate fudge instant pudding mix
- 3 1/2 cups milk
- 1 container frozen whipped topping, thawed (8oz)
- 1 box Twinkies

Mix the boiling water and sugar together, stirring until the sugar is dissolved and the liquid turns clear. Stir in the coffee and let it cool.

Mix the pudding mix and milk together with an electric mixer until the pudding has thickened. Fold in the whipped topping. This makes a delicious mousse-like fluff.

Slice the Twinkies in half, lengthwise. Place half of the slices on the bottom of a pan. I experimented with pan sizes. 9×13 was a bit too big. 9×9 was too small.

Drizzle with half the coffee syrup.

Spread half of the chocolate fluff over the Twinkies in the pan. Top with the rest of the Twinkies. Drizzle with the remaining coffee syrup. Spread the chocolate fluff over the top of all of it. Refrigerate until ready to serve.

